

WEATHER
FORECAST

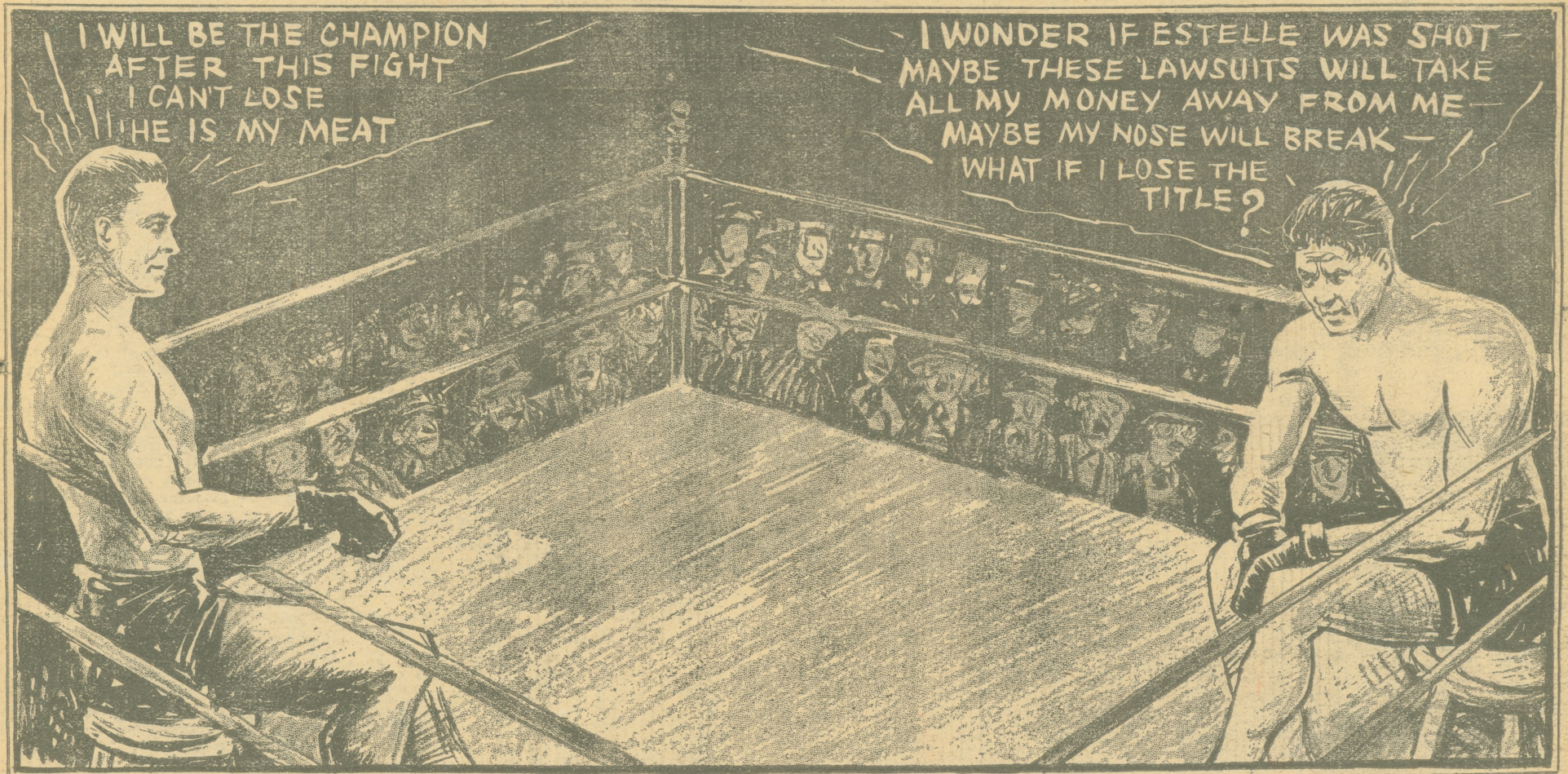
Fair and
Warmer

WEEK END EDITION NEW YORK EVENING GRAPHIC

Nothing
but the
Truth

NEW YORK, SATURDAY, OCTOBER 2, 1926

DEMPSEY LOST BECAUSE HE TRIED TO FIGHT 2 OPPONENTS



WORRY WILL KNOCK YOU OUT UNLESS YOU SMASH IT FIRST

JACK DEMPSEY IS NO LONGER KING OF THE BOXING WORLD because he tried to defeat TWO OPPONENTS in his most recent fight—and found that it *cannot be done!*

One of his opponents was visible at *all times*. That was Gene Tunney, the robust fighter from Greenwich Village.

The other opponent was *never seen* by the spectators or by Dempsey. Yet he it was who held back those powerful arms from delivering their former sledgehammer blows. He it was who clasped those once nimble feet and held them as though they were cumbered with leaden weights.

That opponent was WORRY.

Just before the great fight rumors came to the defending champion that shots had been fired at his beloved wife. He thought she might be wounded, or even dead. That was *one worry*.

Some time before Jack had had his nose repaired by a plastic surgeon, and "experts" predicted that if he were hit a solid blow on it it might prove fatal. That was *another worry*.

There were several lawsuits pending against the champion. He had built up a fortune by the power of his arms, and people were trying to take it away from him. That was *another worry*.

THESE three rolled together made one big worry that helped crumple Demp-

sey. This does not detract in the slightest from the brilliance of Tunney's victory. Dempsey himself says with his whole heart that *the better man won*.

Tunney was better *not alone* for the power of his physique and the cleverness of his attack, but because he knew enough not to fight two opponents.

That Dempsey was a prey to worry is no reflection on his courage. It was unfortunate for him that *he didn't know how* to banish this bitter enemy BEFORE the fight, for then his chance to retain the championship would have been DOUBLED.

His defeat is a lesson that should sink deep into the heart of every man who is trying to fight in the prize ring of Life.

THE evil effects of worry have been realized ever since man developed the power to think.

From ancient times the word has been passed along to "FORGET IT."

"Sing away sorrow, cast away care," was the advice of the great Cervantes, in his wonderful book, "Don Quixote."

The immortal Shakespeare said in "Twelfth Night," "I am sure care's an enemy to life."

Ben Jonson and George Withers stated the same truth in almost identical words:—

"Hang sorrow! Care will kill a cat."

John Wolcott put it into a rhyme:—

"Care to our coffin adds a nail, no doubt,
And ever grin so merry draws it out."

MODERN science has added its store of knowledge to the reasons why *worry should be eliminated*. Discovery has been made that sorrow, anxiety and other depressing emotions actually *pour poisons* into the body.

Those poisons are what hampered Dempsey on the night when he lost his proud title of heavyweight champion.

The same poisons hold back from attaining great

prizes every man who worries, every woman who frets and fumes.

DEMPSEY'S worries were baseless.

His wife *hadn't* been shot. His nose *wasn't* smashed. Nor will legal actions deprive him of his fortune.

Practically every worry ever conceived in the human brain is *equally groundless*. The worst that can happen is not half as bad as what is imagined.

Worry itself causes more destruction than the phantoms of thought that give birth to it.

"Never trouble trouble till trouble troubles you" is good, sound advice that has come down in homely folk lore.

Remember the truth of La Rochefoucauld's profound observation: "Little minds are hurt by little things, great minds rise above them."

Our own great philosopher, Abraham Lincoln, put the same eternal truth in words that can easily be understood:—

"It's no use crossing the stream until you get to it."

THE secret of success is to *defeat worry*.

The secret of defeating worry is to **IGNORE** it. There is no danger in this enemy, **UNLESS YOU PERMIT IT TO SEEM IMPORTANT**.

Every time something creeps into your mind and makes you shiver with apprehension, just say to yourself:—

"That *might* be tough if it did happen. But the chances are about a *million to one* that it won't."

"I've worried about a lot of things in my life. I know from experience that 99 per cent. of them never occur. The other 1 per cent. never harmed me badly."

"I need my strength to *fight real enemies*. To do big, upstanding, progressive work. To get ahead and stay ahead."

"If I fritter away my energy in worrying, there'll be too little left for enjoyment and success. So—**WHY WORRY?**"